

COVID 19 Pandemic and Unani Medicine

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Abstract

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. As of April 976,249 are Confirmed cases and 37,116 are Confirmed deaths had been reported worldwide. As the Coronavirus disease is caused by a newly discovered coronavirus so there is no direct reference in the management of Coronavirus disease in the classical Unani literature but most of the symptoms of Coronavirus disease and influenza pandemic are found same in classical Unani books like fever, tiredness, backache, cough, difficulty in breathing, runny nose, sore throat, nasal congestion and aches and pains. Therefore the Management of influenza and other epidemic diseases which are described by Unani ancient physicians in Unani classical books could be useful for the treatment of Corona virus disease (COVID-19) for mild to moderate illness at home.

Keywords: Unani medicine; Influenza pandemic; Coronavirus disease

Introduction

Corona virus disease (COVID-19) is an infectious disease caused by a newly discovered corona virus. Coronavirus are a family of viruses that can cause illnesses such as the common cold, Severe Acute Respiratory Syndrome (SARS). A novel coronavirus outbreak was first documented in Wuhan, Hubei Province, China in December 2019. As of this writing, it has now been confirmed on six continents and in more than 100 countries [1]. As of April 976, 249 are Confirmed cases and 50, 489 are Confirmed deaths had been reported worldwide. As of April by WHO 976, 249 are Confirmed cases and 37,116 are confirmed deaths had been reported worldwide. The Coronavirus Disease (COVID-19) is a newly discovered coronavirus hence there is no direct reference in the classical Unani literature regarding Coronavirus Disease (COVID-19). It has become responsibility of the researchers of alternative/traditional systems to take serious steps in search of safe therapeutic approaches for Coronavirus Disease (COVID-19) [2].

Description

There are strong possibilities that some drugs of natural origin, either from plants or minerals would prove effective enough in the management of Coronavirus Disease (COVID-19) [3]. Corona Virus Disease (COVID-19) is an infectious disease caused by a newly discovered corona virus and the common signs of COVID-19 infection are similar to the common cold and include respiratory symptoms such as dry cough, fever, shortness of breath, and breathing difficulties. The same symptoms are described by ancient Unani Physicians in their classical Unani books under the chapter of influenza pandemic [4]. The ancient Unani physicians know about the infectious diseases and their management namely a great Arab clinician was also the great epidemiologist who described all of the basic tools of modern epidemiologist in his book Al-judri wal Hasba and Al- Hawi. This book has gained regard in Europe and was translated by William Alexander Green Hill A Treatise on the Small pox and Measles in July

22, 1847. Al-Razi mentioned fourteen chapters in book5. First chapter is describing the epidemiological triad a recent innovation, though the term is not used as such, in medicine that tells the agent, host and environment relationship and tells infectious disease epidemiology [5]. Renowned Unani Physician Hakim Ajmal Khan described in his book Unani book Haziq that Influenza pandemic outbreak as epidemic like plague, cholera and other epidemic diseases and caused high death. Further he said older people at high risk6. The most common symptoms of influenza pandemic described in Haziq fever, tiredness, backache, cough, runny nose, sore throat, nasal congestion and aches and pains6. The symptoms described in Influenza pandemic.

Conclusion

It has been concluded that searched literature indicated that all the symptoms of Influenza Pandemic and Epidemic diseases in Unani Medicine and COVID 19 are almost same therefore on the basis of literature all the management and preventive measures described could be adopted in COVID 19 for mild to Moderate illness at home.

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